

NMN FAQ

What is NMN?

NMN, an acronym for Nicotinamide Mononucleotide, represents a naturally occurring nucleotide sourced from ribose, nicotinamide, nicotinamide riboside, and niacin. Ubiquitous in every living cell, NMN stands as an indispensable element within the nucleotide class, acting as foundational material for RNA and DNA. Structurally characterized by a phosphate group, ribose sugar, and a nicotinamide base, NMN assumes a pivotal role in the intricacies of human cellular function.

What are the benefits of taking NMN?

NMN stands out for its remarkable ability to counteract age-associated challenges as well as support overall health and vitality. This naturally occurring molecule, widely embraced as a dietary supplement, has shown efficacy in suppressing age-related weight gain, boosting energy, metabolism and physical activity, enhancing insulin sensitivity, improving eye and brain function, optimizing mitochondrial metabolism, and preventing age-related changes in gene expression.

What are the benefits of NMN taken alongside NAD+?

NMN's spotlight comes from its role as a precursor to nicotinamide adenine dinucleotide (NAD+), a coenzyme vital for electron transport, cell signaling, and DNA repair. The direct conversion of NMN to NAD+ elevates NAD+ levels, positioning NMN as a key player in rejuvenating cellular functions. As NAD+ naturally declines with age, NMN holds promise as a preventative measure against aging.

When will I see results?

Consistently taking NMN supplements daily can yield observable results within two to three weeks. While physiological effects commence within the first fifteen minutes, tangible benefits, such as increased energy levels and heightened awareness, may become noticeable after the initial uses. Substantial changes in both internal and external aspects are anticipated to be more evident after a few weeks of regular use. Maintaining consistent dosage and frequency is crucial for optimal results, recognizing that individual responses may vary based on adherence to the supplement regimen.

Who is a good candidate for NMN?

Most commonly recommended for individuals aged 25+, NMN not only facilitates proactive NAD+ restoration, fostering overall health and mitigating aging-related concerns but it also holds promising potential in providing relief to those managing depression and anxiety. Fitness enthusiasts may value NMN for its positive influence on endurance and muscle function.

Is NMN safe to take daily?

Safe and well-tolerated in daily dosages up to 1000mg (per Doctor's discretion), a daily intake of 250 to 500 mg is usually best suggested for optimal health and longevity benefits. Normal doses of NMN should not cause adverse side effects.